

## **Assisted Nutrient Standard Menu Planning**

LEAs Without The Capability to Conduct Nutrient Standard Menu Planning may choose an alternate planning method which uses menu cycles developed by other sources. This alternate planning method is called Assisted Nutrient Standard Menu Planning (ANSMP). Under ANSMP, LEAs may utilize menu cycles that have been especially developed to meet NSMP standards. Such sources may include other LEAs, consultants, etc. In addition, recipes, food product specifications, and preparation techniques must also be developed to ensure that the menu items and foods offered conform to the nutrient analysis of the menu cycle, recipes, and other specifications to determine that all required elements for correct nutrient analysis are incorporated.

Calorie And Nutrient Levels required under ANSMP are the same as required under NSMP.

Reimbursable Lunch/Breakfast And Offer Versus Serve Requirements are the same as apply under NSMP.

# Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Lunch

## MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH (School week averages)

### Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-6	Grades 7-12	Option for Grades K-3
Energy Allowance (calories)	517	664	825	633
Total fat	1	1	1	1
Saturated fat	2	2	2	2
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15
Cholesterol (mg) <sup>3</sup>	100	100	100	100
Fiber (g) <sup>3</sup>	3	4	7	4
Sodium (mg) <sup>3</sup>	1350	1350	1350	1350

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup> Saturated fat to be less than 10 percent of calories over a school week.

<sup>3</sup> State Guidance

# Optional Age Groups For Nutrient Standard and Assisted Nutrient Standard School Lunch

## OPTIONAL MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCH (School week averages)

### Age Groupings

Nutrients and Energy Allowances	Ages 3-6	Ages 7-10	Ages 11-13	Ages 14 and above
Energy Allowances(calories)	558	667	783	846
Total fat	1	1	1	1
Saturated fat	2	2	2	2
Protein (g)	7.3	9.3	15.0	16.7
Calcium (mg)	267	267	400	400
Iron (mg)	3.3	3.3	4.5	4.5
Vitamin A (RE)	158	233	300	300
Vitamin C (mg)	14.6	15.0	16.7	19.2
Cholesterol (mg) <sup>3</sup>	100	100	100	100
Fiber (g) <sup>3</sup>	3	5	6	7
Sodium (mg) <sup>3</sup>	1350	1350	1350	1350

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup> Saturated fat to be less than 10 percent of calories over a school week.

<sup>3</sup> State Guidance

# Grade Groups For Nutrient Standard, Assisted Nutrient Standard, and Enhanced Food Based Menu Planning School Breakfast

## MINIMUM REQUIREMENTS FOR NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST

(School week averages)

### Grade Groupings

Nutrients and Energy Allowances	Preschool	Grades K-12	Option for Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat	1	1	1
Total Saturated Fat	2	2	2
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14
Cholesterol (mg) <sup>3</sup>	75	75	75
Fiber (g) <sup>3</sup>	2	4	5
Sodium (mg) <sup>3</sup>	1000	1000	1000

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup> Saturated fat to be less than 10 percent of calories over a school week.

<sup>3</sup> State Guidance

# Age Groups For Nutrient Standard and Assisted Nutrient Standard School Breakfast

## OPTIONAL MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFAST

(School week averages)

### Age Groupings

Nutrients and Energy Allowances	Ages 3-6	Ages 7-10	Ages 11-13	Ages 14 and above
Energy Allowances(calories)	419	500	588	625
Total Fat	1	1	1	1
Saturated Fat	2	2	2	2
Protein (g)	5.50	7.00	11.25	12.50
Calcium (mg)	200	200	300	300
Iron (mg)	2.5	2.5	3.4	3.4
Vitamin A (RE)	119	175	225	225
Vitamin C (mg)	11.00	11.25	12.50	14.40
Cholesterol (mg) <sup>3</sup>	75	75	75	75
Fiber (g) <sup>3</sup>	2	3	4	5
Sodium (mg) <sup>3</sup>	1000	1000	1000	1000

<sup>1</sup> Total fat not to exceed 30 percent of calories over a school week.

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<sup>3</sup> State Guidance